

You Can Help

The goal of the Department of Health and Senior Services' Newborn Screening Program is to prevent serious health problems through early screening. You can help! Make sure your baby is tested before you leave the hospital.

Other Newborn Screenings

Some private companies offer tests for conditions not currently included in the screening done at the Missouri State Public Health Laboratory. For more information on other testing available, talk to your baby's healthcare provider, hospital or call the Department of Health and Senior Services at 1-800-877-6246.

Effective January 1, 2002, Missouri law requires all babies born in this state to have their hearing screened before hospital discharge. For further information on the newborn hearing screening requirements, talk to your baby's healthcare provider, hospital or call the Department of Health and Senior Services at 1-800-877-6246.



Newborn Screening in the State of Missouri



Missouri Department of Health and Senior Services

Bureau of Genetics and Disabilities
Prevention

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AN EQUAL OPPORTUNITY / AFFIRMATIVE
ACTION EMPLOYER

Services provided on a nondiscriminatory basis.

This publication may be provided in alternative formats such as Braille, large print and audiotape by contacting the office listed. TDD users can access the above phone number by calling 1-800-735-2966.

For information regarding other
Maternal and Child Health Services call:
1-800-TEL-LINK
(1-800-835-5465)



Newborn Screening



Protect your Newborn

What is Newborn Screening?

Newborn screening refers to test(s) performed on babies shortly after birth to protect them from the dangerous effects of conditions that otherwise may not be detected for several days, months or even years.

Missouri law requires all babies born in this state to be tested for certain rare, but serious conditions. A small sample of



blood is collected from your baby shortly after birth and sent to the Missouri State Public Health Laboratory. The blood is tested for Phenylketonuria (PKU), Congenital Hypothyroidism, Galactosemia, Sickle Cell Disease (abnormal hemoglobin) and Congenital Adrenal Hyperplasia.

The results of your baby's blood test will be given to your baby's healthcare provider and hospital. Sometimes, more than one blood sample is needed. If an additional sample is needed, you will be notified either by your baby's healthcare provider, the hospital or staff from the Department of Health and Senior Services. It is very important that you bring your baby back for another sample as soon as possible.

Why Should My Baby Have the Newborn Screening?

The conditions your baby will be tested for are very rare. However, they are also very serious and can result in mental retardation and/or even death if not treated. The newborn screening helps to identify the babies needing treatment, such as a special diet or medication. Since symptoms are not generally noticeable at birth, the only way to find these conditions before permanent damage may set in, is by newborn screening. Early treatment will help your baby grow up as healthy as possible.



What Conditions are Included in the Newborn Screening?

Phenylketonuria (PKU) - (FEE-nil-Kee-tone-u-ree-ah)

- ♥ A baby with PKU appears normal at birth. However, the baby is not able to use one part of the protein found in most foods (phenylalanine).
- ♥ This protein builds up in the blood and may prevent the brain from developing normally.
- ♥ This condition is found in about 1 of every 15,000 Missouri births.
- ♥ The treatment consists of a special diet (low in protein) that is to be followed for life. If left untreated, PKU causes mental retardation.



Congenital Hypothyroidism - (con-JEN-I-tal HIGH-poe-THIGH-royd-ism)

- ♥ Occurs when a baby does not have enough thyroid hormone.
- ♥ Without an adequate amount of thyroid hormone, the baby may not develop normally, which can result in mental retardation or stunted growth.
- ♥ Babies with congenital hypothyroidism appear normal at birth.
- ♥ This condition is found in about 1 of every 2,500 Missouri births.
- ♥ Treatment for these babies consists of medication needed for the rest of their life.

Galactosemia - (Guh-LAK-toe-SEE-me-ah)

- ♥ Occurs when a baby is not able to digest one of the sugars (galactose) in breast and cow's milk.
- ♥ Without treatment of a special diet, the sugar builds up in the baby's blood causing liver damage, cataracts, mental retardation and possible death.
- ♥ This condition is found in about 1 of every 40,000 Missouri births.
- ♥ Treatment for these babies consists of a special diet that eliminates galactose, a sugar found in milk and milk products, from the baby's diet.

Sickle Cell Anemia - (SICK-cul Cell A-NEE-me-AH)

- ♥ It is mainly found in African Americans, and those of Mediterranean background.
- ♥ In sickle cell anemia, the red blood cells change from the normal round shape to an abnormal sickle shape. These sickled cells can clog blood vessels so not enough oxygen can be carried to the body.
- ♥ This condition is found in about 1 of every 400 African-American births in Missouri.
- ♥ It is important that affected children be under the care of a healthcare provider early in life for medication and other treatment.

Congenital Adrenal Hyperplasia (CAH) - (con-JEN-I-tal ah-DREE-nal HIGH-per-PLAY-ze-ah)

- ♥ CAH is a condition that affects the adrenal glands. These glands located on top of the kidneys, produce three types of hormones called cortisol, aldosterone and androgens.
- ♥ Females with classical CAH are born with masculine appearing external genitals but with female internal sex organs. Males with classical CAH appear normal at birth.
- ♥ Males and females with classical CAH are likely to have trouble retaining salt, a condition that can be life threatening.
- ♥ This condition is found in about 1 of every 13,000 Missouri births.
- ♥ Treatment of CAH is life-long, however periodical medical check-ups would allow for a full and otherwise normal healthy life.

